

SMART or Not?

Directions:

Decide if the goals below are SMART or not.

Goal	SMART	NOT SMART
Exercise more, like run every day.		
Go to the drop in center more often to take a shower and check in with my care coordinator		
Find housing.		
Start taking my medications and alert the pharmacy when I am running low.		
Reduce the number of bowls of ice cream I eat at night from 3 to 1 for two weeks.		
In the next week, when I feel angry, I will call a friend or take my dog for a walk.		
Call my daughter twice a week to see how she is doing and tell her that I love and miss her.		
Improve diet and stop smoking.		
To lose weight, stop drinking soda and drink water instead and use the stairs at work starting tomorrow.		

For the goals that are not SMART, please use the space below and make them into SMART goals: